

FACT SHEET

PROVIDER RESILIENCE

GUARD AGAINST BURNOUT AND COMPASSION FATIGUE



Provider Resilience gives health care providers tools to guard against burnout and compassion fatigue as they help service members, veterans, and their families.

The user's responses to a short self-assessment creates ratings of their risk for compassion fatigue, burnout, and secondary traumatic stress. These ratings can be viewed as graphs and monitored over time.

A clock showing time until their next vacation, inspirational cards, stretches, and other resources all encourage the user to take restful breaks critical to avoiding burnout. Finally, videos by service members describing the positive impact health care providers had in their lives are available and remind providers that their work is valued.

This app was produced by the Web & Mobile Technology (WMT) Program Management Office, part of the Defense Health Agency (DHA) Solution Delivery Division. WMT provides web and mobile solutions to the DHA and other Department of Defense and Veterans Affairs organizations.

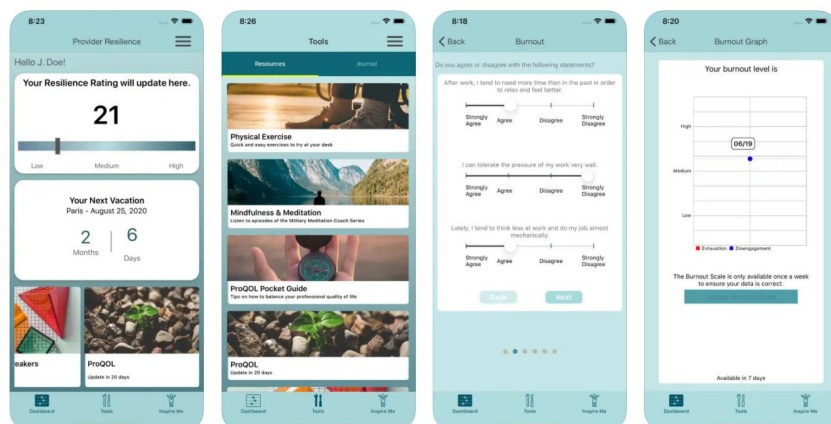


Key Benefits

- ▶ Allows users to conduct a short self-assessment determining risk for compassion fatigue, burnout, and secondary traumatic stress
- ▶ Provides motivational resources to include vacation countdown clock, inspirational cards, and various stretches
- ▶ Videos by service members describing the positive impact providers have

Key Features

- ▶ Gives health care providers tools to guard against burnout and compassion fatigue
- ▶ Monitors for burnout
- ▶ Provides encouragement for care providers
- ▶ Available for free download for iOS and Android devices



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